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History of Army Combatives

HISTORY OF MARTIAL ARTS

Where do the martial arts come from? Most people would answer that they come from the orient. The truth is that every culture that has a need for martial arts has them. We have fighting manuals from medieval Europe that show many of the same techniques that we teach today. The ancient Greeks had wrestling, boxing and the pankration. There are paintings on the walls of Egyptian tombs over four thousand years old that show both armed and unarmed fighting techniques that would seem familiar to many of today's martial artists.

JITSU vs DO

There are some very instructive things about their history that are a microcosm of martial arts in general and that are very useful in understanding American attitudes about martial arts in particular.

Every Japanese martial art ends with either the word -jitsu or -do, for example Ju-Jitsu/Judo, Kenjitsu/Kendo, Aikijitsu/ Aikido. The original arts all end with -jitsu which means "the art or technique." They were created out of the necessity of violent times when there was a definite need for fighting ability. The entire reason for the existence of the training was to produce competent fighters.

The ability to fight well became less important as Japanese society became more settled and peaceful. This was true even for the members of the Warrior class- the Samurai. This, and the modernization of the Japanese military, resulted eventually in the banning of the wearing of the swords that were the badge of samurai rank, which effectively made the warrior class the same as everyone else.

This meant that there were thousands of men who had spent their entire lives training to fight who had no real need for their martial abilities. Most of them simply stopped training all together and became normal members of society, but a few of them looked deeper at the results of their training. They realized that they had gained much more than just the ability to fight. Training in the martial arts had made them in to the men that they were.

This then became the new reason for training. No longer was producing competent fighters of primary concern. The principle goal was to produce better people. One very good example of this is Jigoro Kano, the founder of Judo. As a young man Kano became an expert in sever-

al systems of Ju-Jitsu. However, not only was he an expert at Ju-Jitsu, he was also a teacher. He was director of the Tokyo Higher Normal School (precursor of the present Tokyo University of Education) for twenty three years and Chief of the Education Bureau of the Ministry of Education.

As Kano grew in his knowledge of Ju-Jitsu he realized that it could be used as a tool in developing better, more well-rounded people. With this in mind he formatted the Ju-Jitsu that he had learned into a better teaching tool and called it Judo. The main difference between the Ju-Jitsu that he learned and the Judo that he taught was the purpose. His teachers were mostly concerned with his fighting ability and skills. He on the other hand was more concerned with building the character of his students.

THE MODERN MARTIAL ARTS

Although we have been talking specifically about the Japanese martial arts, this evolution from Jitsu to Do, or in other words from concentrating on actual fighting ability to actual ability being of only secondary importance, is indicative of most of the modern martial arts world. If you read or listen to almost anything put out by someone in the contemporary martial arts community about training, it will almost invariably be colored by this change in the reason for training.

To put things in perspective, imagine an accountant somewhere in America trying to decide whether or not martial art training is practical. If training cost him \$100 a month, he will spend \$1200 per year. What are the odds that he will be robbed in a way that his training could stop for \$1200 per year? Therefore from a fiscal perspective it makes more sense to save his money. Now consider his chances of becoming injured in training as compared with his chances of becoming injured by an assault and you soon see that, if you take away the notion that they may join the military, in a practical sense it really doesn't make much sense for the average citizen of a country at peace to train in the martial arts.

There are of course many good reasons to train that have little to do with the practical need for fighting ability. There are thousands of people across America who train to fight with a samural sword. Very few of them believe they may need to defend themselves against sword wielding ninjas on the way to their car at the mall. They train because they enjoy it. For the same reason that people play baseball, or re-enact civil

war battles or any other leisure activity. This of course is completely different from the situation of the Army.

Modern Combatives training therefore stands apart from the vast majority of martial arts training in that producing actual fighting ability is of primary concern. Both the mental and physical benefits of training produce more capable and lethal soldiers.

HISTORY OF COMBATIVES TRAINING

The first U.S. Army Combatives Manual was published in 1852. It was a translation of a French bayonet fighting manual by a young Captain George McClelend. Since that time the Army has always had Combatives training doctrine although it has not always had successful Combatives training. Bayonet fencing, as outlined in the 1852 manual, remained the universally accepted training method not only in the U.S. Army but in every European style army in the world until its effectiveness was shown to be lacking on the battlefields and in the trenches of World War I.

BAYONET FENCING

Bayonet Fencing was a skill based system. Competitions were held regularly across the Army and it was accepted even outside of the Army. It became the fourth internationally recognized form of fencing along with Foil, Epee' and Saber, and it was even an Olympic sport until 1936. Trench warfare changed all of that. In the confined space of a trench the techniques and weapons designed with the fencing strip in mind proved themselves worse than useless. It did not take Soldiers long to realize that they were better off with an e-tool and a bag full of grenades.

EARLY FOREIGN INFLUNCE

This time saw the first attempts to teach unarmed fighting to Soldiers in an organized way on any kind of large scale. There were several attempts to teach Ju-Jitsu and Judo which had been known in the United States since even before President Theodore Roosevelt had trained with Yamashita Yoshitsugu- one of the best students of Kano Jigoro. Theodore Roosevelt actually had a "judo room" at the White House. Yamashita later taught at the U.S. Naval Academy. In 1920 a training manual was published at Ft. Benning, Georgia written by CPT Allan Corstorphin Smith who had been awarded a Judo black belt from the Kodokan in Japan in 1916 and who was the hand-to-hand combat instructor at the Infantry School.

With the rapid expansion of armies demanded by the World War, there was little time available to teach the average Soldier the complex techniques of Judo and Ju-Jitsu taught by CPT Smith and others. The Army lost faith in skill based Combatives training because of this and the failure of Bayonet fencing as a training method for trench warfare. In the interwar years such non-skill based training methods as Pugil sticks and the bayonet assault course gained prominence.

WORLD WAR II

World War II saw a flowering of attempts at successful Combatives training. Many of the top names from boxing and wrestling at the time were brought in to train the various services. Most had very limited success because of the limited amount of training time available with the demands of fielding an Army of several million men.

The most successful programs were offshoots from the British Commando training taught by William E. Fairbairn and Eric A. Sykes. These two had trained the police force in Shanghai, China before the war, and Fairbairn- a second degree black belt in Judo- had been brought back to Britain early in the war. Fairbairn and his American protégé COL Rex Applegate, created a program that emphasized a limited number of simple, effective techniques and stressed the aggressiveness and incivility of real fights (COL Applegate wrote a manual titled "Kill or Get Killed" in 1943 and Fairbairn often referred to what he taught as "Gutter Fighting"). They were able to somewhat overcome the limitations of limited training time. COL Applegate also used feedback from the field to adjust the curriculum. By the end of the war thousands of Soldiers had been trained in their methods.

POST WAR YEARS

Combatives training in the Army virtually ceased with the drawdown at the end of World War II. Without a "train-the-trainer program," virtually all of the training had been done by a very small number of instructors such as Fairbairn and Applegate, and the lack of a follow-on training plan instead of continuing to practice the same limited number of techniques led to the slow death of any meaningful training. There was a Field Manual, however actual training was reduced to initial entry training and was taught by drill sergeants with very little official training. Quality inevitably plummeted.

Periodic attempts were made, especially as martial arts became more popular in the United States, to introduce various training methods and

techniques to the force. These attempts were generally fruitless because of the lack of any mechanism for insuring quality instruction or training. There were two notable exceptions: the Air Force and the Marine Corps.

AIR FORCE INSTRUCTOR COURSE

The Air Force Strategic Air Command under General Curtis E. LeMay implemented a Judo program beginning in 1950. In 1952 the first class of 13 instructors went to Japan to train at the Kodokan- the premier Judo school in Tokyo. Within the next ten years there were more than 160 black belt judo instructors within the command. Between 1959 and 1962 there was a judo instructor course at Stead Air Force Base, Nevada which graduated nearly ten thousand instructors from a five week course. The curriculum included Judo, Aikido, Karate, air police techniques, air crew self-defense, judo tournament procedures, code of conduct and training methods classes.

MARINE CORPS INSTRUCTOR COURSE

The Marine Corps adopted the Linear Infighting Neural Override Engagement (LINE) Combat System in 1988. Primarily designed by MSgt Ron Donvito, the LINE system was a systematic way to teach and practice techniques derived from traditional martial arts in an organized fashion. Techniques were presented in subsets, termed ditties. Each subset was made up of related techniques such as defense to grabs or defense to punches. The training was done in unit formation and facilitated training in Initial Entry Training and other institutional environments. There was also an instructor training course at Quantico Virginia.

FOLLOW ON TRAINING

Both Air Force and Marine Corps programs had limited success but died out or were replaced for various reasons. The Air Force program was built around a club system. Instructors were placed at gyms around the force. All Airmen were given basic instruction in the institutional training pipeline and follow on training was made available at the post gymnasiums. This training plan resulted in a reasonably large group with real expertise. The instructor cadre formed an Air Force "Black Belt Association" that eventually outgrew the Air Force becoming the "United States Judo Association," which is the largest Judo organization in America. However, the club nature of the training meant that real skill was essentially limited to those who were self-motivated

enough to attend the training sessions. This, the fact that the training methodology of judo was not built around producing proficient fighters quickly, and the reliance on the enthusiasm of local commanders meant that the skill level of the average Airman remained low. Eventually command influence waned and the program within the Air Force died.

Although the LINE system had more wide spread success than even the SAC Judo program, it suffered from different deficiencies. Principle among these was its training methodology which was built around formal methods of instruction best suited for institutional training and an insistence that every technique be "deadly." A reliance on formal training settings and formations which are less likely in regular units than in an institutional setting meant that LINE training must compete with other formal training events such as Physical Training. The result was that training was less likely to be conducted in the force. The insistence on "deadly" techniques did not fit the needs of the Marine Corps or the demands of the modern battlefield. Additionally, the techniques of the LINE system (defense to a grab, punch, chokes, etc.), which had been drawn from civilian martial arts, were reactive in nature. Reactive techniques, where the enemy initiates the action and the Soldier must react, are the norm for self-defense systems and passive martial arts of the civilian world. They do however have serious drawbacks as a basis for a Combatives system.

RUSSIA

The Russian system of SOMBO was developed specifically for the Military. SOMBO combines the techniques of Judo and Greco-Roman Wrestling as its foundation. The feeling was that the success of SOMBO was linked in its similarity to wrestling, making its basic components easier to learn, and less dependent on size and strength. Another, feature of SOMBO is that it has a competitive component that serves to spur on further training. However it also has some distinct problems, not the least of which was that the competitive form has, in the opinion of some, changed the techniques that were emphasized. Nonetheless, the Ranger committee tentatively decided that the new system would be based on grappling.

MODERN COMBATIVES TECHNIQUES

In 1995, when the Commander of the 2nd Ranger Battalion ordered a reinvigoration of Combatives training within the battalion, it didn't take long for serious problems with the techniques in the Army's existing Combatives manual to surface. There was a general feeling among the

Rangers that they would not work and that it was a waste of valuable training time.

The Army had a Combatives manual (FM 21-150 (1992)) but had no program to produce qualified instructors or any system for implementing the training in units other than the vague approach of leaving it to local commander's discretion. Unit instructors inevitably ended up being whatever martial arts hobbyist happened to be in that unit and the training progressed along the lines of whatever civilian martial arts those people had studied in their off duty time. In most units there was no training at all.

A committee was formed and headed by Matt Larsen to develop a more effective program. J. Robinson, a Ranger combat veteran during Vietnam and the head coach at the University of Minnesota wrestling program, came out to evaluate the emerging program and gave some valuable advice. He pointed out that any successful program must have a competitive aspect in order to motivate Soldiers to train and that it must include "live" sparring in order to cultivate a growing Combatives culture. The committee began to develop a program based around wrestling, boxing, and the various martial arts they had experienced such as Judo and Muay Thai. Initially, SOMBO was the art that the committee wanted to adopt. Realizing that there were not enough SOMBO instructors available, though, the Rangers began to look for a similar system as a base for their program. After looking at many different systems, the Rangers sent several men to train at the Gracie Ju-Jitsu Academy in Torrance, California.

The Ju-Jitsu taught at the Gracie Academy fit many of the battalions needs. The Gracies had been originally taught by Meada Mitsuyo who was a representative of the Kodokan but had added the concept of a hierarchy of dominant body positions which gave both a strategy to win fights and an organized framework for learning. It was therefore easy to learn. It also had a competitive form, and was proven effective within the realm of one-on-one unarmed arena fighting or challenge matches. It did however have the major problem of being principally designed for the venue that had made it famous.

Rorion and Royce Gracie made three trips to the battalion over the next couple of years and a few Rangers made the trip down to Torrance to train on their own. During this time Larsen was developing a drill based training program that became an essential element in the "Modern Army Combatives Program."

As the system matured he began to realize what it was about the techniques of Ju-Jitsu that made them work, such as the ability to practice them at full speed against a fully resistant opponent. With this approach, techniques that do not work are quickly abandoned for those that do. He also began to draw from other martial arts that share various levels of this "live" training to fill in the tactical gaps of the Ju-Jitsu learned from the Gracies, which primarily focused on unarmed ground grappling.

Exploring the various training methods of the other feeder arts shed light on the ways they complemented each other and the way they exposed each other's weaknesses. The concept of positional dominance from Ju-Jitsu was expanded to the other ranges of combat and blended with techniques from wrestling, boxing, Muay Thai, and Judo to name just a few. With weapons fighting lessons from Kali, the western martial arts, and the Rangers' own experience from years in the infantry (including the limited combat of that era), by September 11th, 2001 the basis of a totally integrated system of "Close Quarters Combat" had been developed and a sound foundation from which to learn the lessons of the battlefields was created.

UNITED STATES ARMY COMBATIVES SCHOOL

As the program grew technically, its success made it grow outside of the battalion as well. At first the training spread to the rest of the Ranger Regiment, then throughout the infantry, and eventually, with the publishing of the new Field Manual 3-25.150 (2002) written by Matt Larsen, it became doctrine Army wide.

The Commander of the 11th Infantry Regiment, COL Mike Ferriter, brought Matt Larsen over to establish a training course for the cadre of the Regiment. This would eventually become the Level I Combatives Instructor Course. The need became clear for an additional course to provide more supervision of the training as training spread through the unit. This would become the Level II course. These courses were limited to ground grappling because of skepticism from senior commanders at the time. Many leaders who had grown up during the period after Vietnam but before September 11, 2001 had the mistaken idea that there was a division between the "Combat" and the "Non-combat" Soldiers. Attempts to integrate Combatives and Close-Quarters Battle were looked upon as unnecessary. Hand-to-hand fighting was viewed by some as a tool to build confidence in Soldiers just as it had been with pugil stick fighting and the bayonet assault course that had been

around since World War One.

When fighting started in Afghanistan, what would become the U.S. Army Combatives School at Ft. Benning, Georgia had already been established to train instructors for the various Infantry schools at Ft. Benning and the first two levels of Combatives Instructor qualification were in place. The need to push the training into operational units and to make it more directly applicable to the battlefield as well as the need to provide higher level instructors to meet the needs of a global Army required the development of a longer instructor certification course for battalion master trainers. This would become the Level III course. An interview format and procedures to draw out the lessons that might be missed in a simple narrative was developed and post action interviews with Soldiers who had been involved in hand-to-hand fighting began. The equipment that Soldiers wore, the tactical situation, and other essential information was gathered. Hundreds of these interviews were conducted and the curriculum evolved with the lessons learned. Eventually the need to manage Combatives programs in larger units such as brigades or divisions required some instructors to have a higher level of training. This would become the Level IV instructor course.

A LEARNING PROGRAM

The program in this basic form continued to spread throughout the Army. There were, however, those who continued to oppose it. The primary reason was the perception that it was not directly relevant to the battlefield because of its focus on ground grappling in the early stages of training and the tendency of young Soldiers to identify too closely with the civilian Mixed Martial Arts community, which has very little to do with Soldiering. The tactical training methods taught in the Level III and IV courses were slow to become standard in the force. Because of this, although the program was extremely popular in some parts of the Army it had been in danger of going the way of the Strategic Air Command program and failing in its promise to bring realistic Combatives training to every Soldier.

In 2009 Major General Mike Ferriter became the Commanding General of Ft. Benning. In order to revitalize the program he brought together Combatives training experts from around the Army and the civilian experts who had helped the program in the past in a symposium to find ways to improve the program. A major contributor in aiding the process of going from the old program to a more tactical program was Greg Thompson, the head instructor for the Special Operations Combatives

Program (SOCP) School located at Ft Bragg, NC. Mr. Thompson spent many hours refining the tactical instruction given at the USACS and created many new techniques that were added to the new program. The curriculum of the Level I and II courses were updated with new tactical techniques and training methods which previously been taught in the Level III, IV and SOCP courses, and the new courses' names were changed to the Basic Combatives Course and the Tactical Combatives Course.

MODERN ARMY COMBATIVES

In order to train Soldiers efficiently it is necessary to develop a systematic approach to both fighting and training. Basic ground-fighting techniques build a fundamental understanding of dominant body position, and should be one of the primary focuses before moving on to more advanced techniques.

BASIC FIGHT STRATEGY

In order to train Soldiers efficiently it is necessary to develop a systematic approach to both fighting and training. Basic ground-fighting techniques build a fundamental understanding of dominant body position, and should be one of the primary focuses before moving on to more advanced techniques.

When two untrained fighters meet, they instinctively fight using the universal fight plan: they pummel each other with their fists until one of them receives enough damage that they cannot fight back effectively. Most forms of martial arts training are designed to make fighters better at executing this strategy. However, this approach has two drawbacks:

- · One or both fighters are unarmed.
- Progress is solely dependent on the development of skill.
- Bigger, stronger, and faster fighters have a natural advantage. Developing enough skill to overcome these advantages requires more time than can be dedicated during institutional training.

The Combatives Program uses a more efficient approach, Fighting is taught in the context of strategy: the basic techniques serve as an educating metaphor to teach the basic fight strategy. Fighters learn to defeat an opponent by controlling the elements of the fight: range, angle, and level. The most important element of a fight is range. The Combatives Program has four ranges:

- · Projectile.
- · Striking.
- Clinching.
- Grappling.

According to the circumstances surrounding the conflict, fighters can use certain techniques to disable an opponent or force the opponent to submit.

SOLDIER'S TACTICAL OPTIONS

CREATE SPACE

When in combat, a Soldier's primary goal should be to establish space between him and his attacker. He must create enough space to transition to his primary weapon.

MAINTAIN SPACE

When in combat, Soldiers may be unable to create enough space and transition to their primary weapon. If unable to do so, they may need to maintain space to transition to their secondary weapon or close the distance, gain dominant body position and finish the fight.

CLOSE THE DISTANCE

When training Soldiers, the primary goal should be instilling the courage to close the distance. The willingness to close with the enemy is a defining characteristic of a Warrior, and the ability to do so against an aggressive opponent is the first step in using range to control a fight.

GAIN DOMINANT POSITION

An appreciation for dominant position is fundamental to becoming a proficient fighter; it ties together what would otherwise be a list of unrelated techniques.

FINISH THE FIGHT

If a finishing technique is attempted from dominant position and fails, the fighter can simply try again; if a finishing technique is attempted from any other position and fails, it will usually mean defeat.

It is important to remember that these basic plans are not the "end all" of fight strategies but simply the first step in understanding the concept of controlling and winning fights by having superior tactics. To under-

stand this better, we can use an analogy from the Mixed Martial Arts world. Imagine how someone who has trained in traditional Brazilian Ju -Jitsu can beat an experienced wrestler who has also trained in striking skills. The Ju-Jitsu trained fighter, who has concentrated most of his training on being the better ground grappler, will most likely win the fight if the wrestler is aggressive and takes him to the ground. He will, however, have a very difficult time against a wrestler smart enough to use their skill defensively and who is the better striker.

Dominating your opponent is not dependent on gaining skill to be effective, rather it is based on employing effective and efficient tactics. Regarding most people who are only familiar with the universal fight plan, you can simply tackle them, fight for dominant position which your opponent will not understand, and then finish the fight by striking. The classic example of this strategy is Royce Gracie in the early Ultimate Fighting Championships. Royce was able to easily take most of his opponents, trained only to be better at the universal fight plan, out of their game plan and defeat them.

"The defining characteristic of a warrior is the willingness to close with the enemy."

Realistic Training 1

Jitsu v.s. Do

"Jitsu" is the reference of a Science, Technique, or Methodology specifically designed to enhance survivability and increase lethality on the battlefield. "Do" is the reference to the Way or Path, a system of becoming a better, more educated, more enlightened, individual. Both of these terms come from Japan, but they apply to all cultures dating back as far as can be historically supported. It is however, difficult to find a society in which its Warrior Ethos has had a greater influence on the entirety of its population than that of the Japanese.

To have a better understanding of the dramatic differences between trained warriors and nice people, let's use the following examples:

You have 8 elite Mixed Martial Artists. From any organization across the globe. And on the other, you have 8 Hollywood Actors. Any of the biggest action stars you can think of. Match them up one versus one, and the outcome will be both obvious and significant. Also keep in mind that this would be occurring in a competitive environment with safeties, judges, referees, time limits, and medical professionals whose job it is to ensure that there is no significant or excessive risk of injury.

For an extreme comparison, replace those 8 Fighters with elite, battle-hardened Special Operations NCO's. A mixture of Rangers, Special Forces, Force Recon, SEAL's, etc. Given the wide range of Tactical and Technical capabilities, education, physical, and mental endurance that they have cultivated specifically as a result of nearly two decades of high-intensity conflict and operational tempo, it is impossible to imagine a realistic scenario in which the Actors prevail were they to go into battle against the Special Operations Group.

The reason this comparison is necessary is that the commercial romance the public has with everything from how gunfights are portrayed to how grenades always erupt in fireballs is largely, if not completely inaccurate when compared to the reality of warfare. Realistc training creates realistic results. It is critically important to understand that the standard of training must gradually increase to mirror the standard of warfare as closely as possible without engaging in blatant and unnecessary risk to those involved in the training. If the standard of training does not attempt to emulate the standard of warfare, then the standard

of training must be re-evaluated. The simplest example of this is Basic Rifle Marksmanship taught in Basic Training advancing up to Live Shoot-House Training in Special Operations Groups.

Army Combatives, therefore, is a Jitsu. Where most of today's traditional martial arts are far more concerned with profit, recreational fulfillment and enjoyment, Combatives is a scientifically-proven methodology that has only two objectives: Enhance Battlefield Survivability and Cultivate Warrior Ethos. The defining characteristic of a Warrior is the willingness to close with the enemy. Combatives directly stimulates this growth by teaching Soldiers how to effectively engage the enemy in all ranges of combat should the primary engagement strategy of projectile weapons range not be a realistic immediate option.

Realistic Training 2

Option 3

We can take the following 5 lessons away from the Option 3 Drill:

- 1. Given the relatively short period of time of instruction by comparison when training in most other systems of self-defense or traditional martial arts, you are able to execute a Basic Fight Strategy utilizing the Three Elements (Range, Angle, Level), and the Three Phases (Close the Distance, Dominate the Clinch or Position, Finish the Fight) to achieve one of the Four Basic Clinches in each of the Three Range Control Techniques and Closing the Distance through Projectile Weapons Range.
- 2. Some pay more attention to the technical aspect than others, achieving the clinches faster. Some simply rely on physical size to be the carrying factor during the Drill and have a more difficult time.
- 3. Quality, not Quantity repetitions. The more precisely you drill your techniques, when the stresses of high-intensity Live Application Exercises are initiated, the better your body will respond.
- 4. It's never as clean and polished in Live Application as it is in practice or rehearsal. A famous Boxer once said, "Everybody's got a plan until they get hit in the face." A more relevant military saying is, "The best-laid plans usually do not survive initial contact with the enemy."
- 5. The value of training in this single Live Application Exercise and its predicate training exceeds, in every practical capacity, the value of twenty years of theoretical self-defense scenarios with no Live component.

Realistic Training 3

Grappling for Dominant Body Position

This Application Exercise reinforces the understanding that positional and postural basics are every bit as important on the ground as they are in a standing position. One additional variable is that one of the two Combatants is almost always fighting downhill, which is much easier than its opposite. Again, we see the application of Range, Angle, and Level. The most even of these positions is the Guard. Even that is not a Dominant Position when striking is authorized. If we continue up the scale to Side Control, Knee On Belly, Mount, and Rear Mount, the potential for severe consequence skyrockets for the individual in the bottom or Non-Dominant Position. You never want to be on your back in a real fight, but understanding basic body position and how to survive, escape, and reverse these positions is no less important than being able to effectively engage targets from the greatest possible distance with your primary weapon system.

If you look at various reality TV shows you will see an abundance of self -proclaimed experts or experienced Law Enforcement Officers who, when confronted with a hostile individual, lack the fundamental understanding of how to control the person of interest. Even more importantly, they, on occasion, lack the capability to effectively maintain their own physical base and posture.

Again, we reflect on the short amount of time versus the applicable value of the techniques shown. Given the increased understanding of how and why you position various parts of your body in both the offensive and defensive positions, during the Live Application Exercise, resistance made it difficult for your training partners to achieve increasingly dominant positions. Your training partners did likewise for you. This is important because the educational curve you are all on is identical. This means that since you are all learning the same things at the same time, those of you who are a combination of larger, stronger, and have greater endurance will find a higher degree of initial success. This is a critically important tool for the smaller members of the class because if they can survive for longer and longer periods of time, odds are that in a Battlefield Scenario their Battle-Buddy will have the opportunity to provide support for them. Another critical point is that the person who wins a Hand-To-Hand engagement down range isn't necessarily the one who's better at a large number of moves, it can sometimes boil down to whoever's ally shows up first, preferably with a gun.

This may seem counterproductive to the argument for the need for Combatives and its related training systems, but it is not. Imagine for a moment that you are engaged in Hand-To-Hand with a Hostile. You have been tripped over a piece of furniture, but managed to place the enemy inside of your guard. Your fellow Squad-member is on his way to provide support, but due to the angle and potential for collateral damage, is unable to take the shot that will immediately save your life. You having the presence of mind and understanding of how to control both your body and your weapon system will provide your Battle-Buddy the necessary time to Close the Distance and apply the necessary force to bring an end to the engagement. Now imagine the roles are reversed and you have to provide aid to your Battle-Buddy. Being trained gives you the higher probability of success because of the confidence instilled in you as a result of the techniques and Live Application Exercises you went through during training. If you remove this training and its cultivation of Warrior Ethos, you fundamentally increase the odds of panic or failure due to the lack of realistic, contact-related training. These lessons will only become more profound with the inclusion of Submissions, Strikes, and ultimately the React To Contact Lane.

Realistic Training 4

Grappling for Submission

Now the fundamental importance of proper body mechanics becomes even more relevant. When you make simple, small mistakes when Dominant Positions are paired with Submissions, the potential for failure is significantly elevated. If you make the mistake of raising your chin while someone has your back, you run the risk of being put to sleep by a Rear Naked Choke. Drop your head while you're in the guard, and you can fall victim to the Guillotine Choke. Extend your arms from the bottom of Mount because you are trying incorrectly to eject your opponent from the position, and either the Straight Arm Bar or Bent Arm Bar are there, waiting to make you tap.

The critical point to understand about what you have just gone through is that every failure in a training environment such as this is a chance to build future successes. Every time you are caught in a submission or forced into a Non-Dominant Position, it's because there was an actual measure of failure. Whether it was technique, timing, concentration, or strength and conditioning, any and or all of these in combination have shown you how you can improve your functionality, capability, survivability, and lethality.

Realistic Training 5

Grappling with Strikes

&

React To Man-to-Man Contact

Grappling with Strikes and the React To Contact Lane are the culminating events for the Basic Combatives Course. They allow you at your current level of education and training to engage in Live Application Exercises that simulate both Kit and Non-Kit Scenarios. Their purpose is to further remove from your mind the cinematic perception of what a fight is and replace it with what realistic training failures and successes are.

There is no App for Hand-To-Hand Combat. There is no file to download. There are no shortcuts. What you have are the techniques, the time, and the realistic training methods for employing those techniques to cultivate the necessary Ethos and skills. Like every other skill you develop, Hand-To-Hand competence is perishable. If you do not review and maintain what you have learned in this course, your capability will fade. The example comparison for this is simple. You train intensely for three months prior to an APFT, and for the first time in your career, you score a 300. You receive the PT badge and then are allowed to do PT on your own as a result of your hard work. You let your discipline slide a bit and before long, you're barely putting any effort in because you already maxed out the previous test. Command springs a surprise APFT on the unit in 48hrs. You take the APFT and score a 205. The standard for excellence didn't change, your dedication to the skillset did. The results were evident in the Live Application. Now take the simple requirement for basic physical fitness and compare it to the paramount demand of surviving and advancing in combat. Now while you cannot train every day, you should make a determined effort to at the very least maintain a capable baseline of tactical and technical competence in the event you find yourself in a Hand-To-Hand situation.

OPTION 3

Post/Frame/Hook

For a Soldier to control a stand-up fight, s/he must control the range between the enemy. When training Soldiers, leaders must recognize that stand-up fighting skills are difficult to master in a short amount of time.

CREATESPACE(OPTION1)

When in combat, a Soldier's primary goal should be to establish the space between the enemy. S/he must create enough space to transition to his/her primary weapon.

MAINTAINSPACE(OPTION2)

When in combat, Soldiers may be unable to create enough space and transition to their primary weapon. If unable to do so, they may need to maintain space to transition to their secondary weapon or close the distance, gain dominant body position and finish the fight.

CLOSETHEDISTANCE(OPTION3)

When training Soldiers, the primary goal should be instilling the courage to close the distance. The willingness to close with the enemy is the defining characteristic of a Warrior, and the ability to do so against an aggressive enemy combatant is the first step in using range to control a confrontation.

GAINDOMINANTPOSITION

An appreciation for dominant position is fundamental to becoming a proficient Soldier; it ties together what would otherwise be a list of unrelated techniques.

FINISHTHEFIGHT

If a finishing technique is attempted from dominant position and fails, the Soldier can simply try again; if a finishing technique is attempted from any other position and fails, it will usually mean defeat.

GROUND GRAPPLING—BASIC TECHNIQUES

FIGHTING STANCE

fighting stance is not only a platform for unarmed fighting; it can also be used for various weapons, from close-range contact weapons to projectile The fighting stance allows the Soldier to assume an offensive posture conducive to attack, while still being able to move and defend himself. The weapons.

Furn your walst slightly so that the lead

hip is facing your opponent, but keep

your head and shoulders above your

facing each other in a loose fist. Keep your line of sight just above the hands Hold your hands high, with the paints

opponent. Block the side of your face Keep your chin tucked. Look just beneath your eyebrows at your with your lead shoulder

degrees outward to provide stability in all directions. Keep the heel of your trail foot front of your trail foot, and turn your lead Place your lead foot 12 to 18 inches in foot about 15 degrees inward. Position your feet approximately shoulder-width off the ground, and carry your body apart. Turn your trail foot about 45 weight on the balls of your feet.

ead knee bent and paysnd Elbows tucked opponent, hands held Body weight on the balls of the feet Eyes on the chin tucked high, and

your elbows are postioned over your

mees

while punching. Hold your forearms perpendicular to the ground so that

body to cover the sides of your torso.

Keep your elbows tucked into your they should not fly out horizontally

above your toe. Bend your trail lutes torward so that your knee is directly Bend your lead lines, and push it slightly.

forward

Note. The lead foot is the non-dominant foot. The trail foot is the dominant foot.

POST

Post is a technique used to control the range of an enemy safely to gain the advantage of the attercation. When using this technique, a Soldier has three options: create space, maintain space, or clinch. To perform this technique-



- Place your palm on your 2) enemy's chest, with your fingers extended. Slightly bend your elbow, and position your weapon securely away from your enemy.
- Tuck your chin. With your 3) Blade your hips slightly posted arm, slightly raise you are able to maintain your cheek bone. The primary weapon and the
- Spread your feet slightly wider than shoulder-width apart. Take a step back with your dominant foot, and align the heel of your lead foot and the toe of your trail foot. Point your lead foot at the enemy and your trail foot away from the enemy at a 45-

facilitate positive control

of your weapon.

which

enemy.

segree angle.

Perform Option 1, 2, or 3.

FRAME

The frame is the second method for the Soldier to further control a noncompliant enemy. If the Post has collapsed or the enemy engages from a closer proximity, the enemy can be deemed as being noncompliant. To perform this technique-



- 2 your neck Position the blade of your enemy's chest, with your elbow forming an angle slightly larger than 90 degrees. Place the palm of your hand in your portion of the shoulder, and secure your enemy using across the thumbless grip. area/uppermost forearm enemy's 2
- 3 Variant: Place your sameare cupping the back of WITH your palm. Extend and join your fingers. Face your enemy in a half inside control. side hand around your enemy's head so that you knof Ti his head *knowledge
- Place your firling arm at your side, securing your primary weapon. 8 Tuck your chin into your

shoulder

an athletic stance, and positioning your hips in secondary weapon by Brace yourself your turning protect slightly. 7

HOOK AND HEAD CONTROL

The hook with head control is the third method a Soldier can use to further control a noncompliant enemy, if the Frame has collapsed or the enemy engages from a doser proximity, the Soldier may move to the hook

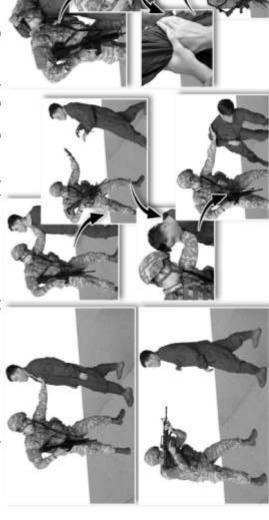




- Place your nonfining arm undemeath your enemy's same-side arm, while securing his same-side shoulder with a thumbless grip and rolling your elbow slightly downward.
- Tuck your head into your enemy's chin, and 3) apply pressure by pushing it away.
- Move your legs to the side and perpendicular to your enemy's near-side leg.

OPTION 1: CREATE SPACE ENGAGE WITH PRIMARY WEAPON

Create space is utilized in order to keep possible combatants at projectile range using any of the range controlling techniques



Create Space Post

To create space, generate force with your trail foot, and use your posted arm to push your enemy away. If your enemy is bigger and stronger than you, push yourself backward to engage with your primary weapon.

Create Space Frame

To create space, generate force with your trail foot, and use your framed arm to push your enemy away. If your enemy is bigger and stronger than you, push yourself backward to engage with your primary

Create Space Hook and Head Control

To create space, use disruptive techniques in order to create space for your hands. Place both your hands into the armpits with thumb grips. Generate force with your trial foot, while pushing your enemy away. If your enemy is bigger and stronger than you, push yourself backward to engage with your purinary weapon.

OPTION 2: MAINTAIN SPACE AND EMPLOY SECONDARY WEAPON









Maintain Space Post

or subdue your enemy), or use objects in your environment, such as a wall or a vehicle, to hold Engage your forearm, upper arm, and shoulder muscle to uphold the range and employ secondary weapons (i.e., anything that can be used to control your enemy in that position

Maintain Space Frame

Engage your forearm, upper arm, and shoulder weapons (i.e., anything that can be used to control or muscle to uphold the range and employ secondary subdue your enemy)

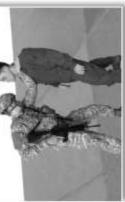
Maintain Space Hook and Head Control

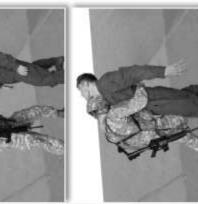
Secure your enemy's shoulder, and roll your elbow forward, while placing your head in his jaw line to in that position. For clinch positions refer to basic such as a vehicle or a building, to hold your enemy create pressure. Use objects in your environment clinch positions

OPTION 3: ACHIEVE THE CLINCH

Achieve the clinch is utilized when you are unable to employ the two other range controlling techniques.









Close the distance, keeping your hands up and covering your face, and establish a dominant position (Double Underhooks [high or low], Modified Seatbelt, Rear Clinch, or Wall Clinch). Achieve the Clinch Frame

other objects in your environment can enable you to Underhooks or Modified Seatbelt Clinch. If you step too far, you can go for the Rear Clinch. Buildings or utilize the Wall Clinch. For clinch positions refer to step into your enemy to pummel for Double To achieve a clinch from Hook and Head Control Achieve Hook and Head Control

CLINCHFIGHTING—ACHIEVE THE CLINCH

CLOSE THE DISTANCE

Fighters use close the distance when the opponent is within striking range.



 Tuck your chin, and use your arms to cover your head white aggressively closing the distance.

> Face your opponent, and assume the fighting stance just outside of kicking range.

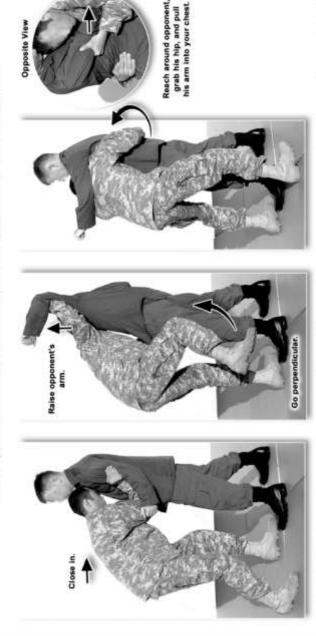


 Drive your head into your opponent's chest, and move your cupped hands to your opponent's biceps.

CLINCHFIGHTING—ACHIEVE THE CLINCH

MODIFIED SEATBELT CLINCH

Once the fighter doses the distance, he uses the modified seatbelt dinch to draw his opponent in



 Reach around your opponent's waist to grab his opposite-side hip. With your other arm, pull his arm into your chest, controlling his arm at the triceps, drive your head into your opponents chin in order to control his posture.

After closing the distance with your opponent, raise one of his arms. Move

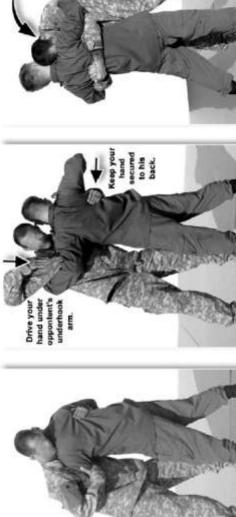
yourself perpendicular to your opponent.

CLINCHFIGHTING—ACHIEVE THE CLINCH

DOUBLE UNDERHOOKS

The fighter uses double underhooks when both fighters have an overhook and an underhook grip on each other, with their heads on their overhook sides

Keep head pressure on his chest.





5 Drive your overhook hand (with a knife edge) under your opponent's underhook arm.

Clasp your hands in a wrestler's grip behind your opponent, while keeping head pressure on his chest

CLINCHFIGHTING-ADVANCED CLINCH POSITIONS

DOUBLE UNDERHOOKS

Double underhook is also known as the body lock. This position allows the fighter to control his opponent's whole upper body

Your arms are locked together with a wrestlers grip around the small of your opponent's back drive your head into your opponent breaking their posture. Clasp your hands together using a wrestlers grip. Your arms are locked together high behind your opponent's back to control his shoulders driving your elbows upward to control their posture.





Lock your amis underneath your opponent's arms and behind his back.

CLINCHFIGHTING—ACHIEVE THE CLINCH

REAR CLINCH

The fighter uses the rear clinch when he is able to get behind the enemy while maintaining control of the arm.











Note. Tuck your head into your opponent's back to avoid elbows to the

head.

From failed modified seatbett.

- Slide your controlling arm down to the wrist while simultaneously wrapping the opposite side arm around and controlling at the biceps both Circle behind your enemy while still maintaining control of the arm. =8
- Step between your opponents waist with the same side leg that is controlling the wrist.

with thumbiess grips.

Break your opponent's posture down at the waist by pulling in at the arm and driving forward with your head and shoulder.

BASIC STAND-UP FIGHTING TECHNIQUES

Combatives is taught in the context of strategy: the basic techniques serve as an educating metaphor to teach the basic fight strategy. Soldiers learn to defeat an opponent by controlling the elements of the fight: range, angle, and level. The primary element of a confrontation is range. The Combatives Program teaches four ranges: Projectile Weapons Range: The range from which the only effective attacks between the Soldier and the enemy are projectiles such as bullets, shrapnel, thrown objects, etc.

Contact Weapons Range: The range from which the Soldier and/or the enemy can execute effective attacks while using anything that acts as an extension of their body. Any distance from which a Soldier cannot respond to and engage a threat quickly enough with their primary or alternate weapon system is also considered Contact Weapons Range.

Striking Range: The range from which the Soldier and/or the enemy can execute effective attacks with natural weapons such as fists or kicks. At this range strikes such as elbow and knee strikes as well as close contact weapons such as knives are also effective and should be considered.

Clinching Range: The range in which the Soldier and the enemy are both on their feet and are so close that neither of them can execute effective straight punches and kicks. At Clinching Range Soldiers fight to control the enemy's posture in order to gain a dominant position so that attacks aimed at the Soldier are no longer effective. At this range strikes such as elbow and knee strikes as well as close contact weapons such as knives are also effective and should be considered.

Ground Fighting Range: The range at which the Soldier and the enemy have both gone from standing to the ground. The Soldier fights to achieve a dominant position relative to the enemy in order to neutralize any potential threats posed by the enemy or to finish the fight with close contact weapons, strikes, or submissions. At this range strikes such as elbow and knee strikes as well as close contact weapons such as knives are also effective and should be considered.

If the Soldier encounters an enemy combatant that s/he cannot subdue with strikes or has trouble taking the enemy to the ground, s/he can use the clinch—the middle range of the fight. In the clinch, the Soldier can use close-quarters strikes, such as elbows, knees, and head butts, to

finish the fight or to set up takedowns

The Soldier uses takedowns when s/he encounters an enemy combatant that s/he cannot subdue in the strike or clinch ranges. Takedowns allow the Soldier to take the fight to the ground and finish there.

CLINCHFIGHTING-ADVANCED CLINCH POSITIONS

INSIDE CONTROL

Inside control is one of the most dominant positions to attack with strikes.



Place one hand on top of the other, both pulling your opponent's head downward.

> Tuck your elbows in to control the range.

CLINCHFIGHTING-ADVANCED CLINCH POSITIONS

NECK AND BICEPS

The neck and biceps position is a neutral position that happens frequently. This position enables the fighter to initiate knee strikes.



Use your elbows to control punches.

Note. Keep your hand over the crock of your opponent's elbow to defend against elbow strikes.

Cup the back of your opponent's neck with one hand for control.

Place the other hand on top of your opponent's

biceps.

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CLINCHFIGHTING-PUMMELING

OUTSIDE TO INSIDE WEDGE

The fighter uses outside to inside wedge when his opponent achieves inside control and is preparing to break down the fighter's posture. The fighter may use this technique to gain inside control on his opponent.









CLINCHFIGHTING-ADVANCED CLINCH POSITIONS

COUNTER TO INSIDE CONTROL

If the opponent achieves inside control, the fighter can defend by putting his arm over his opponent's and extending it. This will allow the fighter to regain his posture and fight for a better position.



waist to block knee strikes. grip by straightening your arm, angling your body, and turn your shoulder's to pressure Extend one arm over your opponent's arms and across his neck. Break your opponent's your opponent's hands off your head.

Reach your other arm under your opponent's arms and across your

CLINCHFIGHTING—BASIC TAKEDOWNS

FRONT TAKEDOWN

The front takedown is a simple technique used to throw the opponent off-balance. It allows the fighter to transition from the modified











Step over your opponent and release your grip, ending in the mount. 4 Pull your apparent into you with your hands and push your upper body and head to make his back

to avoid Release your hands WARNING landing on them.

TRAINING INSTRUCTIONS

arch.

his arm, keeping it trapped under your overhook ampit. Secure a wrestler's grip low on your opponent's side at the hip near the small of his back.

3

Release your grip on your opponent's elbow and reach over

R

the modified seatbelt clinch, step slightly in front of your opponent so you can drive keep good head control to drive him off his leg. Ensure that you

From e his upper body backward.

WARNING

Opponents must not attempt to reach for the ground while being taken down, as this will lead to severe injuries.

CLINCHFIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN

After achieving the clinch, the fighter is often positioned with his head behind his opponent's arm. Once he reaches a secure position, he can attempt to take his opponent down.

Note. Conduct this technique when your head is positioned behind your opponent's arm after you have achieved the clinch.



Step to the same side that is controlling the wrist so that you are behind your opponent at an angle. Place one foot on the outside of his foot so that your foot is perpendicular to your opponent's. 2

 Place the instep of your other foot behind your opponent's far-side foot so that he cannot step backward.

CLINCHFIGHTING—BASIC TAKEDOWNS

REAR TAKEDOWN (continued)



3) Rotate into the mount.

The opponent will fall backward over your extended leg. As he does, tuck your elbow to avoid falling on it, and release your grip.

5

 Sit down as close to your other foot as possible, and hang your weight from your opponent's waist.

TRAINING INSTRUCTIONS

WARNING

Opponents must not attempt to reach for the ground while being taken down, as this will lead to injuries.

GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE

Often an opponent will attempt to charge the fighter and will present his neck during the tackle. The guilliotine choke allows the fighter to present a defense to the takedown. Note. As with any submission technique, apply this elbow joint look using slow, steady pressure, and release as soon as your training partner taps.





2) Wrap your arm around your opponent's head and under his neck. As your opponent charges your legs, direct his head undemeath one of your arms, and take a step back.

GROUND GRAPPLING—BASIC FINISHING MOVES

GUILLOTINE CHOKE (continued)



7) Place your opponent within your guard, and simultaneously pulling with your arms, pushing with your legs, and doing a side orund to the side of the head in order to finish the choke. Note. You must look both legs around your opponent to prevent him from securing a top position. Even with a choke in place, if the opponent can clear your legs and get on top, he will be able to defeat the submission and you will be in a non-dominant position.

 With your other hand, grasp the first hand where a watch would be ensuring that you have not reached around your opponent's arm. Cind the choke by bringing your arm further around your opponent's head, improving your grip.

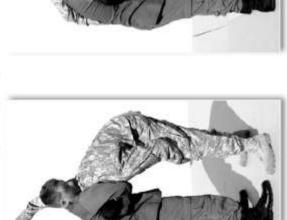
6) Sit down.

Note. Your palm should be facing your own chest.

REGAINING THE INITIATIVE-DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE

While standing, the fighter may find himself in a front head lock position. If he falls to defend this, the opponent may finish the fight here. This technique will allow the fight to escape any submissions as well as gain dominant body position.







- As your opponent tries to pick you up to choke you, move to the opposite side of the choke. Break their base by bumping the back of their knee with your knee
- Reach over your opponent's opposite shoulder with your arm. Place your opposite hand on your opponent's knee. Relax, and hang as dead weight. If your opponent is taller than you, place your knees on their thigh to support you 2

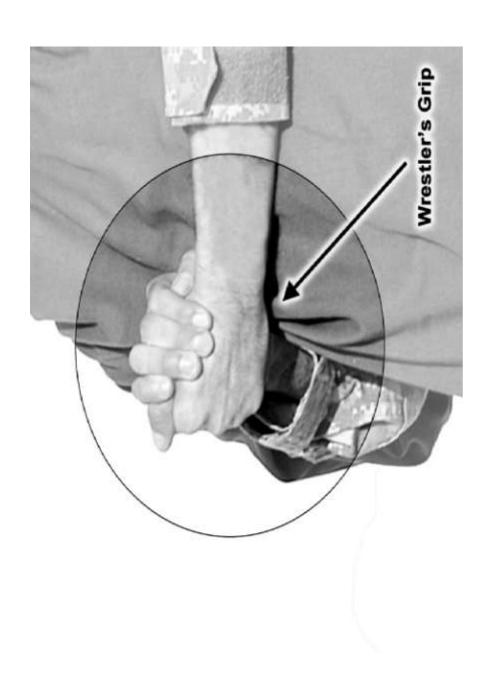


BASIC POSITIONAL TECHNIQUES

Before any finishing or disabling technique can be applied, the Soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows the Soldier to defeat a stronger enemy combatant.

When in a confrontation, the Soldier should seize the initiative immediately to dominate the fight. When the Soldier is unable to seize the initiative, s/he should tackle the equally important task of regaining it. These techniques allow the Soldier to escape positions that are less than ideal and to gain dominant body position.









GROUND GRAPPLING—BASIC TECHNIQUES

STAND IN BASE

Stand in base allows the fighter to stand in the presence of an opponent or potential opponent without compromising his base and making himself vulnerable to attack. Leaders should reinforce the principles of body movement inherent in this technique every time a fighter stands up















Sit like a fighter. Place

your dominant hand behind

non-dominant foot, pick up the rest of

base. Bend your non-dominant you on the ground to provide a

on the ground. Bend your non-

leg at the knee. Post your foot

knee of your non-dominant leg

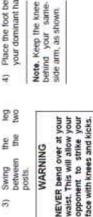
and place the elbow near the with the paim of your hand in front of your head facing your Keep the striking foot of your

dominant arm at the elbow.

your body.









stand

opponent to create space to

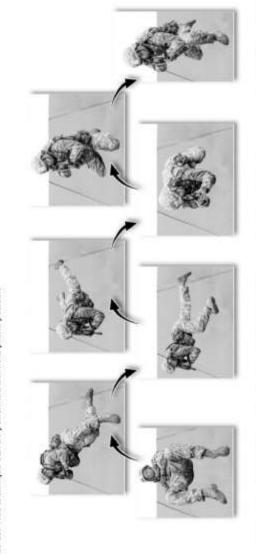
dominant leg parallel to the opponent to defend blows.

ground. Use it to kick your

GROUND GRAPPLING—BASIC TECHNIQUES

STAND IN BASE WITH PRIMARY WEAPON (PRONE POSITION)

enemy and positioning his weapon to place accurate fire upon his enemy. The stand in base with a primary weapon is the technique of choice During an altercasion, a Soldier might find himself on the ground. He must quickly stand up, while maintaining positive identification on the to do so. This technique can be performed from the prone position.

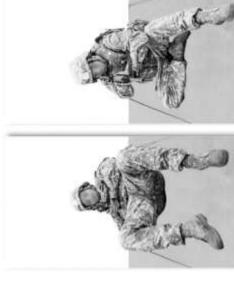


- From the supine position, rotate your body to lie on your fining shoulder using the Shrimp technique.
- Thread your dominant leg under your other leg. You should now be lying in the prone unsupported fining position.
- Bring your knees toward your head one at a time to raise your upper body off the ground. Post your non-dominant foot on the ground to move yourself to the kneeting fifting position, ready to engage a target with your primary weapon.
- Push off the posted leg (shin box mollon), and move to a standing firing position.

GROUND GRAPPLING—BASIC TECHNIQUES

STAND IN BASE WITH PRIMARY WEAPON (SUPINE POSITION)

enemy and positioning his weapon to place accurate fire upon his enemy. The stand in base with a primary weapon is the technique of choice During an altercation, a Soldier might find himself on the ground. He must quickly stand up, while maintaining positive identification on the to do so. This technique can be performed from the supine position.









Rotate the heel of your dominant body, and transition your weight move to a sealed firing position.

8

eg toward the center of your forward over the same leg to



(shin box motion) to move to a Push off with the posted foot shooter stance

REAR MOUNT

The rear mount gives the fighter the best control of the fight. From this position, it is very difficult for the opponent to defend.

your head

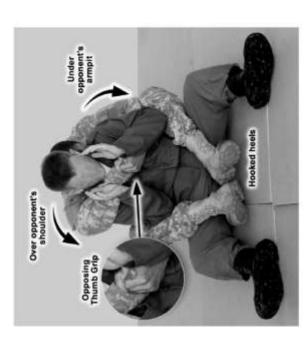
Note. Keep

tucked to avoid head butts.

Place one arm under your opponent's armpit and the other over his opposite shoulder.

Clasp your hands in an opposing thumb grip.

Wrap both legs around your opponent, with your heels 'hooked' inside his

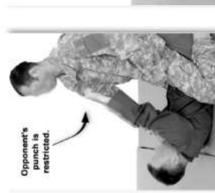


WARNING
When in the rear mount, do
not cross your feet; this
provides your opponent an
opportunity for an ankle
break.

MOUNT

The mount allows the fighter to strike the opponent with punches, while restricting the opponent's ability to deliver effective return punches. The mount provides the leverage to attack the opponent's upper body with chokes and joint attacks.

deliver allows the fighter to with punches, while opponent's ability to The mount strike the opponent return punches. restricting effectively Note:





Place your toes in of your ankles to

WARNING

line with or inside

injuring your ankles when

avoid vour to roll

attempts you over

opponent

knees as high as possible toward the

Position

sjueuoddo

armpits.

TRAINING INSTRUCTIONS

When practicing this position, the Soldier assuming the role of the opponent should position himself using the instructions below:

- Lie on your back, bend your knees, and post both feet on the ground.
- Pull your elbows tightly into your sides, and keep them on the ground to prevent your opponent from assuming a high mount. - 0 E 4
 - Hold your head off of the ground to prevent secondary impact concussions from strikes
 - Keep your hands up to protect your head

SIDE CONTROL

Although the side control position is less dominant, it allows the fighter to hold his opponent down and inflict damage, and if reversed, allows the fighter to avoid being positioned underneath his opponent. Further, side control is a transitioning position; a fighter can strike or submit an opponent while in this position.

Keep your head turned away

to avoid knee strikes.

Place your elbow on the ground in the notch created by your opponent's head and Position your other hand palm down on the ground

notch)

(elbow

shoulder

opponent's head straight, and bend the other leg so that the knee is near your opponent's Keep the leg closest to your



under the opponent's near-

side hip.



GUARD

position. The guard allows the bottom fighter to exercise a certain amount of control over the range by pushing out or pulling in his opponent with A fighter never wants to be under his opponent; the guard enables him to defend himself and transition off of his back into a more advantageous his legs and hips. With skill, the bottom fighter can defend against strikes and even apply joint locks and chokes.







The Guard allows the bottom fighter to exercise a certain amount of centrel over the range by pushing out or pulling in his opponent with his logs and hips.

TRAINING INSTRUCTIONS

- When practicing this position, the Soldier assuming the role of the opponent should position himself using the instructions below
- Assume a good posture by establishing a wide base with your knees, keeping your loes inside of your ankles to prevent breaking them if you are swept With your elbows turned inward, place your hands on your opponent's hips maintaining a good upright defensive posture.

WARNING

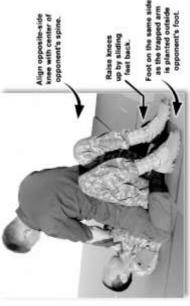
The Soldier defending against the guard must keep his toes inside of his ankles to prevent breaking them if he is swept.

ARM TRAP AND ROLL

A fighter applies the arm trap and roll when his opponent secures the mount and invests his hands or arms into a choke. The non-dominant fighter must remain relaxed and fight the position, but not focus his energy on attempting to defeat the submission until a better position has been achieved.

Note. Conduct this technique when you are on your back on the ground and your opponent is sitting on top of you with both knees and feet on the ground near your ribs.





Plant the foot on the same side as the trapped arm on the ground outside of

the opponent's foot.

3) Align your opposite-side knee with the center of your opponent's spine.

Note. Keep your elbows in and on the ground, even while your opponent is choking you. Raising your arms will allow your opponent to secure a high mount or arm look.

Trap one of your opponent's arms. Wrap one hand around his wrist with a thumbless grip, and with the other, grab above his elbow notch with

your thumb on the outside. Pull your elbow to the ground if possible

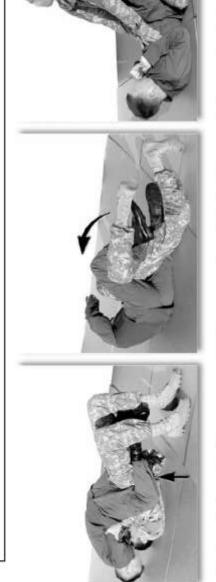
Note. Akign your oppositie-side knee with the center of your spine to avoid the grapewine.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ARM TRAP AND ROLL (continued)

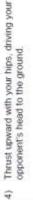
TRAINING INSTRUCTIONS

WARNING

When performing this technique, the top fighter must position his toes in line with or inside his ankles to prevent severe ankle



Secure good posture in the guard, control your opponent's hips.



 Roll your opponent over, to the side that is trapped.

PASSING THE GUARD

When locked inside of his opponent's guard, a fighter cannot finish the fight as quickly or efficiently as he can from a more dominant body position, Additionally, his opponent can attack him with strikes, submissions, and sweeps. Often, a fighter will attempt to strike or submit the opponent from within the guard, further setting up these attacks.



Keep head tucked downward to expose only top of helmet.





Ŧ

Note. Never use a thumb grip. as your opponent can attack with a wrist lock.

Move your arms out to control your opponent's biceps. Roll your hands back, cup them with a thumbless drip 3

Turn your fingers inward, and opponent's chin, placing your face.

your bands to your

drive R

Assume a good posture by establishing a wide base with your knees, keeping your toes in line with or inside of your ankles. Place your buffocks on your heels. Keep a straight waist to avoid having your posture broken. Keep your

in his sternum. This position exposes only the top and back of

your head to strikes.



same foot out in order to slide between you and your

create space for your hand to opponents guard. Post that

opponent.

Choose a side to pess your

Post one foot

elbows fight and reach your hands down to control your opponent's hips Place your hands outside of your opponent's hip flexors, fingers point out attempt to drag both of your arms Note. Your opponent will offer to one side of your body to force you to submit or get behind you.

PASSING THE GUARD (continued)

Drive shoulder beneath



Place your hand on the ground Release your same-side grip. Drive your hand (with a knife

opposite direction to prevent blows edge) through the opening. Turn

your head and eyes in the

to the face from the arm you no

ionger have secured.



Scoot the same-side leg back, and drive your shoulder beneath your Place your knee on the ground. opponent's knee



Bring both knees together at your opponent's tailbone. 8

posture with your waist to Note, Maintain a good straight prevent your opponent from choking you with his legs.

PASSING THE GUARD (continued)



Step toward **Sphonerit** Buildand knee nward

push opponent upward. Drive knee to ground;



With the same-side leg you have trapped step pushing with your knee inward to control your opponent's hip. Reach your hand that's securing your opponents leg across and secure your opponent's collar, thumb on the toward your opponent's same-side armpit, inside, fingers on the outside. 8

Maintain good posture by keeping your head above the knee. Walk or pull your

knees under your opponent's hips.

Note. Maintain a good straight posture. with your waist to prevent your opponent

from choking you with his legs.

and maintain this pressure throughout the remainder of this move to prevent your Note. Drive your hips into your opponent, opponent from escaping.

fingers extended and joined reach through the foot. Drive your opponent's hips upward and The opposite arm releases the bicep. With III his legs over your head. Drive your knee to the ground, toward your opponent's ear to perpendicular to your opponent. Post your trail keep them in place by resting his hips on your prevent the overhead sweep. Position yourself opponent's legs and grasp the belt line or waist. trail knee.

PASSING THE GUARD (continued)





 Continue to drive your opponent's hips forward allowing his knees to 2). Assume good side control. recoil around your head

Note. Maintain tight body contact when transitioning from the guard to side control to limit your opponent's ability to compose guard.

ACHIEVE THE MOUNT FROM SIDE CONTROL

Fighters often move from the side control to the mount or rear mount, where they can land more effective strikes and submissions.



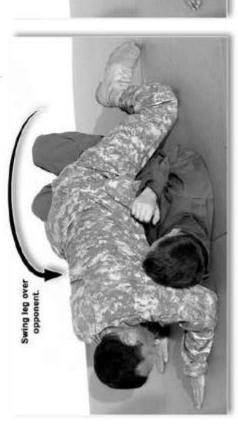




1) Achieve good side control

- 2) Take the arm that is controlling the far-side hip and place that hand on the ground controlling the near-side hip replacing the knee. Be aware of your opponent's knees, assure that you look down or away from the knees to avoid strikes.
- 3) Sit through and place your bottom knee against the hip. Spread your legs to avoid being thrown backward. Use the hand that was securing your opponent's hip to control his leds.

GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ACHIEVE THE MOUNT FROM SIDE CONTROL (continued)





Swing your far-side leg over his body placing the knee and foot on the ground. Release his knees once both of your feet and knees are on the ground.

 Use both your hands to help base out and secure the mount, sweeping them along the mat above his head. Assume good mount position.

ARM PUSH AND ROLL TO THE REAR MOUNT

The fighter uses the arm push and roll to the rear mount to turn his opponent from his back to his stomach, giving the fighter a better opportunity to finish the fight. Note. Conduct this technique when you have achieved the mount and are attempting to strike, but your opponent is using a horizontal block to avoid your







- Place one hand on the back of your opponent's elbow 3) Push the arm across your opponent's and one hand on his welst, both with thumbless grips.

 the arm with your body.
 - TRAINING INSTRUCTIONS

8

Target the arm close to the top of your

opponent's head.

CAUTION

When performing this technique, the bottom fighter must form a fist with the hand of his trapped arm. Further, he must be mindful of where the hand and wrist of the trapped arm are located to prevent injury.

ARM PUSH AND ROLL TO THE REAR MOUNT (continued)







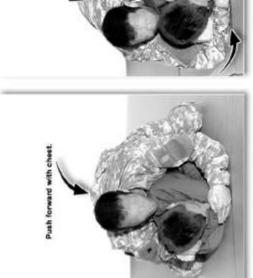


wrist to his elbow.

wrist ensuring to open and close the legs at the knees to make room for your opponent to roll. Push and pull with your hands on the elbow and 5) Move the hand that was on the opponent's 6)

Note. Maintain body and chest pressure to prevent

ARM PUSH AND ROLL TO THE REAR MOUNT (continued)





Use your body strength to push your opponent with your chest (using ratchet motions) until his elbow stops him from

going any further.



shoulder blades and fold his arms underneath him while pustring him forward.

From this position, the opponent normally tries to rise using his kneer. When he attempts this, sit up and hook both legs inside of your opponent's legs push to straighten your arms with your hands in the back of your opponent's collar. m

Note. Ensure that the student places hand over hand without lacing his fingers.

ESCAPE THE REAR MOUNT

When his opponent has assumed the rear mount, the fighter must defend attacks while escaping the position in a timely manner.







- Place one hand over your head, with your paim facing out, your bicep very tight to the side of your head, and your hand covering your ear. Place the other hand near your ampit with your paim facing out.
- Once your opponent reaches in, the hand under your armpit secures his wrist and pulls it through.
- Wrap your other arm around, making a figure four.

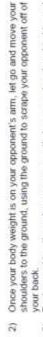
ESCAPE THE REAR MOUNT (continued)

Move your shoulders to the ground.



Place your back on the ground on your underhook side.

Note. Do not put your back on your overhook side.

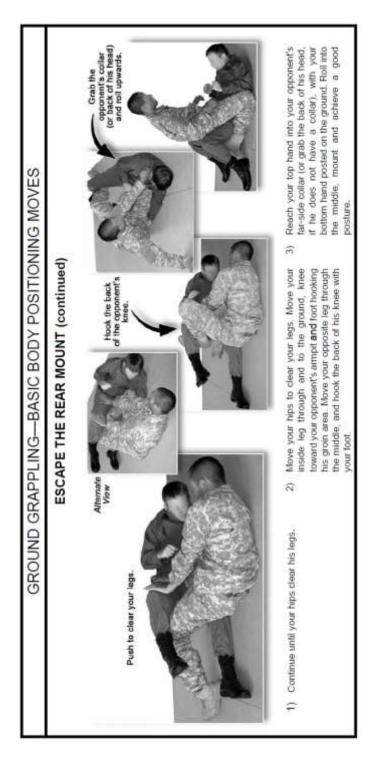


Alternate

Push your hips through your opponent's legs, one hand on his hip and the other on his knee to prevent him from achieving the mount.



73



ESCAPE THE MOUNT, SHRIMP TO THE GUARD

unable to capture it. This movement, however, creates an opening under the same leg. The term "shrimp" refers to the action While the fighter is attempting to escape the mount, trap, and roll, his opponent may move his leg away, making the fighter of moving the hips away, which is crucial to the success of this technique.

Note. Conduct this technique when you are on your back with your opponent mounted on your chest.



the 8 flat Place your leg ground

8



flat. Bring the same side knee up to prevent your opponent posted leg, with that side leg Turn facing the opponent's from advancing. (8) Turn on your side, and face the Using the space the eg, prop the opponent's leg up Your opponent created by posting his à created

opponent opening



Continue to rotate yourself onto your opposite hip while circling your leg out from under your opponent. Ŧ

> Note. Turn on your hip to create more space.

underneath your opponent

with your elbow. With a shrimping motion shoot your hips out from

Turn your body, and face the opposite direction. Loop your legs around your opponent, feet reestablish your guard. your lock pue GROUND GRAPPLING—BASIC BODY POSITIONING MOVES ESCAPE THE MOUNT, SHRIMP TO THE GUARD (continued) Move your other knee from out. between your opponent's legs, and put your weight on your posted foot. 3 Use both hands to push your hip away. opponent's hip away. 53 hook your opponent's leg to Turn to your other hip, and reestablishing the mount. prevent him from Turn to

SCISSORS SWEEP

Note. Conduct this technique when your opponent attempts to pass your guard as you control his arms at the elbows. A fighter can use the scissors sweep to reverse positions with his opponent and gain a dominant position.



Relax your Guard.



- When your opponent posts one of his legs to create space, relax your guard, and keep your knees tight.
- Hang your calf on your opponent's posted leg, and post your opposite shoulder to swing your hips toward his posted leg.
- Drive your leg across your opponent's waist like a belt. Use your foot to hook his waist lightly, with your knee lower than the ankle. Position your other leg flat on the ground to trap your opponent's non-posted leg.

SCISSORS SWEEP (continued)





4) Reach across your body and secure your opponent's collar on the opposite side of his posted leg, maintaining control of the arm on the side you intend to sweep. Extend your body to take your opponent off his base, while pulling him forward by his collar.

Make a scissoring motion with your legs to 6) Achieve the mount.
 sweep your opponent over.

Note. If your opponent attempts to prevent the sweep by posting his sweep-side arm, sweep the posted arm in the direction of the fingers.

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR

When a fighter attempts to apply the straight arm bar from his guard, his opponent will often tuck his head to avoid the arm bar. Should this occur, do not abandon the position, simply change the attack to the sweep from the attempted straight arm bar.







 With the hand that is behind your opponent's thigh, pull his knee as close to your head as possible in order to position your body perpendicular to your opponent.

Note. Do not release control of the previously targeted arm.

 Swing the leg that was supposed to hook from your opponent's head in a big circle, originating from your head following a path to your opponent's far-side leg.

TRAINING INSTRUCTIONS

WARNING

When performing this technique, the fighter being swept must keep his toes in line with or inside of his ankies to prevent injury.

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR (continued)





With the leg that is hooked under your opponent's armpit, push toward his head so that you will roll right up into the mount. Use the momentum from the leg that is swinging in a circle to sweep your opponent.

Note. Ensure that you tuck your leg to prevent it from being trapped beneath your opponent's body.

BASIC FINISHING TECHNIQUES

Once the Soldier has achieved the dominant body position, s/he can attempt to finish the fight secure in the knowledge that, if an attempt fails—as long as he maintains dominant body position—s/he may simply try again.

The Soldier should strive to maintain situational awareness at all times during any conflict. The concepts of Options 1, 2, 3 apply during and throughout any tactical confrontation to include when a Soldier is on the ground. The Soldier should apply a finishing technique only if the opportunity quickly arises and should be wary of the danger of prolonged combat on the ground.

REAR NAKED CHOKE

The rear naked choke slows the flow of blood in the carotid arteries, which can eventually cause your opponent to be rendered unconscious for a short period of time.











- Move your underhook to head to the knowledge bump, as if combing his the back of the opponent's hair back. 4
- expand your chest to together, and Pinch your shoulder finish the choke. plades 10

with your overhook, grasp your underhook's bicep with your overhook hand Remove your underhook while maintaining control 3 Leaving the underhook in place, sneak the hand of your everhook arm around your bicep against the your opponent's neck. Put side of your opponent's

3

Achieve a rear mount, and hook both legs in

1

place.

neck. Roll your forearm to

the other side of your opponent's neck, with both the bicep and the forearm resting against

Note. Tuck your head to avoid getting hit.

opponent's chin will line

up with your elbow.

elbow the trachea. artories

Mont carotid Position Externally. against 94

inside and your thumb on with your fingers on the Relax the dominant hand, and reach all the way behind your opponent's neck, grasping his collar The cross-collar choke is a blood choke that can only be employed when your opponent is wearing a durable shirt. This choke should the outside. 3 Reach across your body, and insert your dominant hand into GROUND GRAPPLING—BASIC FINISHING MOVES CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD the collar you just opened. Fingers on the inside of the collar and thumb on the outside. on the putnids maide of the oller and thu 5 Note. When in the guard, change your angle to position yourself for this choke. With your non-dominant hand, open your opponent's same-side collar. be performed from either the mount or guard. аячпэ TNUOM

Turn your wrists so that your palms face you and pinch your shoulders together, and bring your pull your opponent into you. Expand your chest, Note. When conducting this technique from the mount, post your head forward on the elbows to your hips to finish the choke. Head forward over your top arm. ground, over your top arm. Head forward over your top arm. CROSS-COLLAR CHOKE FROM THE MOUNT AND GUARD (continued) GROUND GRAPPLING—BASIC FINISHING MOVES 8 Using the same grip (fingers on the inside, thumb on the outside), reach all the way back until your hand meets the other hand. lide under your first arm scrass your opportent's 8346 under your first arm scross your opponent's neck. 5 your opponent's neck under the chin, force his chin upward. Side your non-dominant hand and move your dominant-side forearm across under your dominant forearm into your Release the grip of your non-dominant hand, opponent's collar. TNUOM **GNAUD** F

BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL

The bent arm bar is a joint lock that attacks the shoulder girdle. This technique can be employed from either the mount or side control.

Notes. 1. As with any submission technique, apply this shoulder lock using slow, steady pressure, and release as soon as your training partner taps.

Conduct this technique when your opponent uses a vertical block technique.







With thumbless grips, drive your apponent's wrist and elbow to the ground, moving your elbow to the notch created by your opponent's neck and shoulder (elbow notch).

Thumbiess Grips, head to back of hand



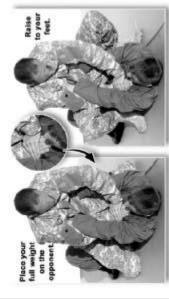
SIDE CONTROL

With a Thumbless Grip, downward and upward. drag opponent's arm your opponent's hand toward his waistline. Lift his elbow, and Grab your own wrist with a thumbless grip. Drag the back of drag opponent's arm downward and upward. With a Thumbless Grip, BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL (continued) GROUND GRAPPLING—BASIC FINISHING MOVES dislocate his shoulder. 2) Keeping your head on the back of your hand to protect your face from Keep your head down. Slide your hand under opponents's elbow. strikes, place your other hand under his elbow. modle s'strenoggo head down on Keep your SIDE CONTROL MOUNT

STRAIGHT ARM BAR FROM THE MOUNT

Fighting from your back can be very dangerous. When your opponent attempts to strike and apply chokes from within your guard, use the straight arm bar from the guard, a joint lock designed to damage the elbow

Note. As with any submission technique, apply this elbow joint lock using slow, steady pressure, and release as soon as your training partner taps.



Placing all of your weight on your opponent's chest, raise to your feet in a very low Squat N

> Decide which arm you wish to attack. Isolate that arm by placing your opposite-side hand in the between his arms. Targeting the unaffected arm, press down to prevent your opponent from Loop your same-side arm around the targeted arm and place that

=

middle of your opponent's chest,

will allow your opponent Note. Be conscious not to raise your hips. This to escape

petting off the flat of his back

of your applying

hand in the middle chest

greater pressure opponent's



Turn your body 90 degrees to face the targeted arm.

Note. While turning, keep in a slight forward posture, stay in a very low squat, and confinue to apply pressure on your opponent's chest to prevent escape.



opponent's head around his face, and plant it in the crook of his neck on the keeping your buttocks tight to your opposite side of the targeted arm. Slide your hips down the targeted arm. the foot nearest opponent's shoulder Bring 7

Note. Remember to isolate the elbow oint by trapping only the biceps triceps region between your legs

STRAIGHT ARM BAR FROM THE MOUNT (continued)



Secure your opponent's wrist with both of your hands with thumb grips. Keep his thumb pointed skyward to achieve the correct angle. Put your heels tight to your buttocks, and place your knees tagether tightly with the upper arm trapped between your knees, not resting on your groin. 2

6) Apply slow, steady pressure by trapping your opponent's wrist on your chest, and arching your hips skyward.

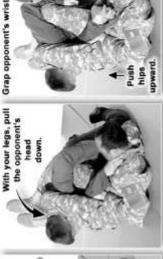
STRAIGHT ARM BAR FROM THE GUARD

The straight arm bar is a joint lock designed to damage the elbow. While this exercise outlines a straight arm bar performed from the mount, this technique can be performed from any dominant position.











- When your opponent above the elbow. Hold your opponent's elbow for the remainder of the secure his arm at or presents a straight arm, move.
- Insert your other hand your opponent's opposite the targeted arm. The hand should be the do du mied under thigh 2
- Open your guard, and bring your legs up, while curling your back to limit the friction.

Contort your body by pulling with the hand that is on the back of your opponent's thigh. Bring Place your leg over his nead. With your leg, grab your opponent, and pull him down by pulling your heels to your buttocks

Move the hand that opponent's thigh to grasp the wrist that elbow with a thumb you secured at the grip. Curl your calf push up with your was behind your opponent's arm. downward and 6

your head to his knee.

and pinching your knees

together.

REACT TO CONTACT

Grappling Over Weapons

Becoming engaged in a hand-to-hand struggle while armed with an M16 or M4 carbine is the most likely situation Soldiers will encounter. Two situations could occur with close encounters—the enemy grabs your weapon or you block and separate them from theirs. In the event of an armed enemy combatant, a soldier has the following options:

- Muzzle strike
- Tug of war
- Rush the opponent

If a Soldier faces a situation where he cannot employ his/her primary weapon but has a secondary weapon, s/he can choose standing or ground grappling to gain control by subduing or dispatching the enemy.

Struggling with an unarmed enemy combatant can be just as dangerous, if not more so. With both hands free, the enemy may try and take your primary weapon from you or any secondary weapons you may be carrying (i.e., sidearm, knife, hand grenades, etc.) Any advantage of being armed can quickly disappear if Soldiers have not practiced grappling over weapons.

If the fight should go to the ground before the Soldier has deployed his/ her weapon, the primary concern must be to gain a position that allows him/her to employ their weapon, while keeping the enemy from employing his/her weapon.

MUZZLE STRIKE

A fighter may use a muzzle strike to maintain distance between himself and his opponent or to subdue his opponent.





Use the muzzle of your weapon to jab an opponent's stomach, throat, face, or groin to stop or drop an opponent.

Note. If the opponent is armed with a rifle, you may have to misdirect or block his weapon, and then jab with the muzzle of your weapon.

TUG OF WAR

This technique is usually performed when an opponent tries to take the fighter's weapon.





When your opponent grabs your weapon, pull back with your weapon and shift back with your weight. When the muzzle of your weapon is pointing toward your opponent, fire your weapon.

GRAPPLING WITH WEAPONS-PRIMARY WEAPONS FIGHTING WITH RIFLE PALM STRIKE

Enemy grabs weapon, Soldier utilizes open hand palm strike (not closed fist) to drive opponent off of weapon, or to a position with which opponent can be engaged with primary weapon.

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON ELBOW STRIKE





- Achieve a dominant position such as the frame, bring 2). If th eibow up.
- If the enemy will not release primary weapon or is too close, the Soldier can clear the enemy by using elbow strikes and return to projectile

weapon's range

 Strike the enemy in the head with the point of your elbow. Rotate your body for power. Pull the enemies head towards the elbow strike for additional power.

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON FRONT KICK







 Using either foot Soldier kicks into the upper thigh /hip area of opponent with foot turned out, driving opponent backwards, Soldier may keep kicking driving opponent off of weapon or until opponent is in a position to be engaged by primary weapon.

FIGHTING WITH RIFLE CLEAR PRIMARY WEAPON HEAD BUTT





 If the Soldier cannot use tug of war for any reason, the Soldier can clear the enemy from the primary weapon with a head butt.

 Push the muzzle of the weapon down, thereby committing the enemies' hands to the rifle and leaving the head exposed.

 Soldier will strike the enemy in the head with the ACH repeatedly until the enemy breaks his grasp.

DRILLS 1 THROUGH 3

TASK CONDITION STANDARDS	Escape the mount. Escape the mount. Pass the guard. Achieve the mount. Achieve the mount. Pass the guard. Achieve the mount. Note. Repeat the task for the second fighter.	The Soldier is mounted on the rear mount. The Soldier is mounted on the second fighter escapes the rear mount. The second fighter escapes the rear mount. Note. Repeat the task for the second fighter.	Escape the mount. Shrimp to the guard. Shrimp to the guard. The Soldier is mounted on • Cross collar choke. Use any sweep to the opponent's chest • Straight arm bar from the guard. • Sweep from the straight arm bar.
DRILL TAS	Escape the Pass the g Achteve th	Arm push s to the rear Escape the mount	Escape the Shrimp to t guard. Use any sw the mount.

QUICK STUDY GUIDE

TC 3-25.150 (2017) AR 350-1 Sep'14

Primary Purpose of ACP Training: To enhance battlefield survivability and cultivate Warrior Ethos through a tactical, technically demanding training standard with live application exercises against increasingly resistant training partners/role players.

Universal Fight Strategy: Two individuals who stand in Striking Range and exchange Blunt Force Trauma until one individual flees, is incapacitated, or attempts to grab hold of their opponent in an effort to minimize the amount of trauma being inflicted.

3 Phases of the Basic Fight Strategy:

- 1. Close the Distance: through the 3 Basic Ranges to a Range Control Technique, Clinch, etc.
- 2. Dominate: the range using 3 Basic Range Control Techniques, a Clinch, or Position utilizing the 3 Elements and 3 Options
- 3. Finish the Fight: according to the Laws of War, Rules of Engagement, Rules for Use of Force, and Escalation of Force.

3 Elements of the Basic Fight Strategy:

- 1. Range: Determining which of the 3 Basic Ranges you are in and how best to employ your provided tools.
- 2. Angle: Orientation between you and the enemy. How best to engage them head-on, from the flank, or from the rear.
- 3. Level: Depends on the type of Hand to Hand Close Quarters Engagement. A taller, longer striker will typically be able to throw strikes down on their enemy keeping them at range, but compromises their center of gravity and balance to do so, opening them up for a potential tackle or takedown by the shorter combatant who typically has a better center of gravity and more solid base. Each has its strengths and weaknesses.

4 Ranges of the Basic Fight Strategy:

- 1. Projectile: The range at which ammunition or explosives are fired/ thrown at the enemy. Depending on the type of Secondary Weapon System.
- 2. Striking: The range at which the employment of varying objects, secondary weapon systems, punches, kicks, etc. are employed to neutralize the threat.

- 3. Clinch-Fighting: A Combination of both Striking and Grappling ranges where Combatants, while on the feet, attempt to use the Angle and Level Elements to gain an advantage using the 3 Options.
- 4. Grappling: This refers to Ground Fighting Techniques.

3 Range Control Techniques of the Basic Fight Strategy:

- 1. Post: The farthest distance when engaging in Close Quarters. The easiest of the three RCT's in which Option 1 is employed as there is the least amount of physical contact.
- 2. Frame 1 & 2: The middle of the RCT's, where the use of Secondary Weapons, Clinch-Fighting, Short-Range Strikes, etc. are best employed.
- 3. Underhook & Head Control: The closest of RCT's whereby takedowns and the basic dominant clinches are best utilized.

3 Options of the Basic Fight Strategy:

- 1. Create Space: Re-engage with Primary Weapon System as necessary.
- 2. Maintain Range: Employ Secondary Weapon System as necessary.
- 3. Close the Distance: To a Dominant Clinch or Position, if necessary take the opponent down and dominate from or transition to top position.

Martial Arts come from every society that has had a need to develop a method of fighting.

Jitsu: Science, Technique. Designed for battlefield application. Combatives is a Jitsu due to its primary concern being battlefield survivability.

Do: Way or Path. Designed to create better people.

Jigoro Kano: Founder of Judo. Expert in several systems of Jiu-Jitsu. Chief of Education Bureau for Japan. Utilized his position to influence widespread implementation of Judo for the purpose of individual development.

Yamashita Yoshitsugu: Student of Jigoro Kano who famously brought Judo to the Whitehouse during the Presidency of Theodore Roosevelt. Roosevelt had a Judo Room put in the Whitehouse after witnessing the defeat of Catch Wrestler Joseph Grant. Yamashita also taught at the U.S. Naval Academy.

Mitsuyo Maeda: Also one of Kano's top students, he traveled to Brazil to establish Japanese immigrant colony with the help of Gastao Gracie. Taught Jiu-Jitsu to Gastao's sons Carlos and Helio.

Helio Gracie: Credited with modifying Classical Jiu-jitsu techniques with his brother Carlos Gracie, into the Brazilian Jiu-jitsu system that would later become the fundamental grappling base for the Modern Army Combatives Program.

Royce Gracie: Son of Helio Gracie, Royce won 3 of the 4 first UFC events, catapulting Brazilian Jiu-jitsu in to both the North American and world spotlights. Royce and other Gracies trained with members of the 75th Regiment R&D Team and would play a critical role in the development of the Grappling base for MACP.

J. Robinson: Vietnam Era Ranger and Head Coach of the University of Minnesota wrestling program. He evaluated the developing 75th program and gave the advice on having a competitive, fully resistant component in order to have the program evolve according to the realistic needs of CQB. This advice eventually propelled the 75th R&D Team to look at Brazilian Jiu-jitsu as there were not enough SOMBO instructors to meet the current training needs.

Greg Thompson: Creator of the Special Operations Combatives Program (SOCP). Provided insight to additional techniques that had a direct and profound impact on the Tactical and Technical relevance in the evolution of MACP. These techniques included Grappling Over Weapons, PFH Options 1-3, Clinch-work, etc.

SSG Matt Larsen: The head of the committee formed by LTC McCrystal that conducted the research and development in Hand-to-Hand training that would eventually become the Modern Army Combatives Program.

MSgt Ron Donvito: Creator of the Linear Infighting Neurological Override Engagement (LINE) Combat System in 1988. There were several different communities throughout the military, although it was ultimately replaced by more tactically and technically relevant systems.

CPT George McClelend: Created first "Combatives" Manual by translating French bayonet fighting manual in 1852. System was disproved

due to the confines of trench warfare in WW1.

CPT Allan Smith: Judo Black Belt from Kodokan in 1916. Published Hand-to-Hand manual in 1920 at Fort Benning, GA. Hand-to-Hand Combat Instructor at U.S. Army Infantry School.

LTC Stan McCrystal: Commander of 2nd Battalion, 75th Ranger Regiment, Fort Lewis, Washington. Ordered the re-invigoration of Hand-to-Hand Training in 1995.

COL Rex Applegate: Protégé of British Commandos William E. Fairbairn and Eric A. Sykes. He was critical in the development of the WW2 Hand-to-Hand Combat system that most importantly began to utilize battlefield feedback in order to adapt and improve the already simple and effective techniques it employed.

COL Mike Ferriter: Commander of 11th Infantry Regiment, brought SSG Larsen in to establish a training curriculum that would eventually become Levels 1-4 and later evolve into the Basic, Advanced, and Master Trainer Course. He also enlisted the assistance of Greg Thompson in 2009 to provide tactical and technical updates.

GEN. Curtis E. LeMay: Responsible for the implementation of the Air Force Instructor Course that graduated thousands of instructors in the 1950's and 1960's.

Timeline:

1852 – Creation of First Combatives Manual through translation of French Bayonet Fighting manual.

WW1 – Disproves Bayonet Fighting Manual validity due to the linear confines of Trench Warfare.

WW2 – Fairbairn, Sykes, and Applegate employ Hand-to-Hand methodology based on simplicity and

battlefield feedback which would later become the evolutionary foundation of MACP.

Post WW2 – The Combatives "Dark Ages" where training eventually was watered down to unit SME's based on their varying Traditional Martial Arts Background. FM 21-150 was the default FM at the time. 1995 – 2/75th RR exposes failures in current training doctrine, forming the research committee that would eventually create the MACP Levels 1-4 system.

2002 – Publication of the first Army-wide Modern Army Combatives Manual, FM 3-25.150, 2002. Most recent publication is TC 3-25.150, 2017.

2009 – MACP undergoes major tactical and technical overhaul in order to keep pace with the evolution off the modern battlefield.

2014 - Combatives Master Trainer Course replaces Level 3 & 4.

Courses and Program are re-structured and renamed.

2016 – ACP undergoes latest overhaul of technical and tactical adaptations.